

## What is PLEDGE?

PLEDGE is a community of individuals who choose to maintain a substance-free lifestyle by creating a living and learning environment that is friendly, open-minded, and respectful. PLEDGE is dedicated to providing fun and creative events and activities to provide alternatives for both PLEDGE members and the entire campus community.

## Why join PLEDGE?

- Join a fun and close-knit community of students with similar values
- Participate in PLEDGE sponsored events and activities
- Live in a positive and healthy environment free from the effects of substance-use
- Experience leadership opportunities in PLEDGE council

## PLEDGE Council

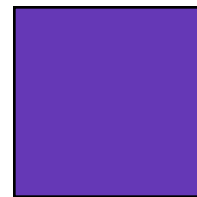
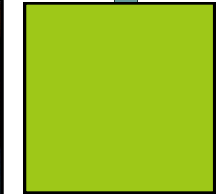
The PLEDGE council is a group of students who are elected by their peers to plan and implement activities throughout the year. They work closely with the PLEDGE program adviser and Residential Life and help to shape the philosophy and direction of the program.

## Expectations:

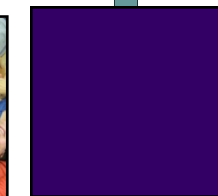
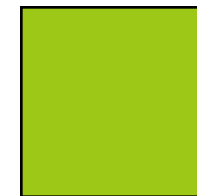
Participants choose to refrain from any and all possession or use of tobacco, alcoholic beverages and other controlled substance and illicit drugs. We ask that students living in PLEDGE housing who choose not to abide by this agreement consult with Residential Life in order to move to another available space on campus in order to keep with the vision and mission of PLEDGE.

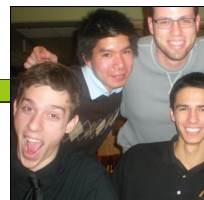
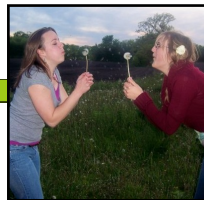
## NOTE TO PARENTS

PLEDGE is a personal lifestyle choice. You should not make this choice for your student.

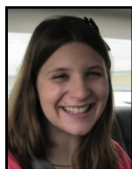


# PLEDGE Substance-Free Lifestyle Program





"People in PLEDGE aren't afraid to be themselves."  
-David Kreft



"PLEDGE helped me transition into college and bond with people."  
-Melissa Wygant

"PLEDGE is a support system and a great base."  
-Ethan Marxhausen



"It's awesome to have a group of friends who you can be crazy with, without having to compromise your values."  
-Alyssa Ringdal

## PAST PLEDGE EVENTS

Cookouts in Linnaeus Arboretum  
Sub-free Rave  
Apple Picking and Corn Maze  
Board Game Nights  
PLEDGE sponsored SNL  
Campus Bonfires  
Bowling at Bowlero Lanes  
Capture the Flag  
Caroling in the St. Peter community  
Timberwolves Games

## How do I join PLEDGE?

**PLEDGE Housing:** Students may choose to live in the PLEDGE substance-free lifestyle housing. For freshmen living in PLEDGE these areas are located in Norelius in A and C tower. Upperclass PLEDGE housing is in Prairie View Hall. This option provides a positive and substance-free living environment and automatically connects members with the PLEDGE community. To select this option students sign up for substance-free on the housing application.

**PLEDGE At-Large Members:** This option allows for any student on campus to join the PLEDGE program and be part of the community. Students wishing to pursue this opportunity can sign up at the Residential Life office.



## Goals of PLEDGE:

- To create a living and learning community environment free from the presence and residual effects of alcohol, tobacco and other drugs.
- To put into action programs and activities for PLEDGE members that will allow for and enhance the development of strong interpersonal relationships, creating a PLEDGE community.
- To be intentional role-models for the entire campus of the strength and integrity of a substance free lifestyle.
- To create, implement, and assess attractive programs and activities for the campus community to provide interesting and exciting alternatives throughout the duration of the academic school year.